



Three magnificent mountain regions: Grisons, Valais and Bernese Oberland! Multi-day guided hikes, summer & autumn 2018

A hikers' paradise, the cantons of the Grisons, Valais and Bern offer some of the most varied and spectacular mountain walking in Switzerland. Meadows and marshland, forests and lakes, glaciers and rocky summits, plus a wonderful diversity of alpine flowers and mountain animals and a rich local culture. Join me for a multi-day hiking tour in summer 2018. In English, en français, auf Deutsch. I look forward to sharing my passion for the Swiss mountains with you!

Nine varied options to choose from

4–7 July: Kandersteg circuit: passes, waterfalls and historic trails (dormitory accommodation)

- Four days' hiking; for experienced walkers in good shape; up to 1200 m ↑ and ↓, 5–7 h walking per day.
- Cost CHF 590 per person. **Booking deadline: 30 May 2018.**

21–22 July: Panoramic hiking weekend, Bernese Oberland (accommodation in 3-bed rooms)

- Two days' hiking; for enthusiastic walkers with reasonable fitness; 600–850 m ↑, 650–1300 m ↓, 5–6 h per day.
- Cost CHF 290 per person. **Booking deadline: 30 June 2018.**

5–11 August: Bivio and Parc Ela – lakes, passes and pure nature (comfortable hotel base)

- Six days' hiking; for enthusiastic walkers in good shape; max. 1000–1200 m ↑ and ↓, 3–7 h walking per day.
- Cost CHF 1280 per person. **Booking deadline: 30 June 2018.**

14–17 August: high above Zermatt (dormitory accommodation)

- Four days' hiking; for enthusiastic walkers in good shape; up to 1000 m ↑ and ↓ per day, 3–6.5 h walking per day.
- Cost CHF 595 per person. **Booking deadline: 7 July 2018.**

21–25 August: National Park and Lower Engadine (dormitory accommodation)

- Five days' hiking; for experienced walkers in good shape; up to 1150 m ↑, 1250 m ↓, 4–7.5 h walking per day.
- Cost CHF 735 per person. **Booking deadline: 15 July 2018.**

26–31 August: Bergün–Albula – alpine landscapes, unspoilt villages (4 nights in historic hotel + 1 night dormitory)

- Five days' hiking; for enthusiastic walkers in good shape; 800–1200 m ↑ and ↓, 5–6.5 h walking per day.
- Cost CHF 985 per person. **Booking deadline: 21 July 2018.**

2–6 September: from Gspon to Binntal over alpine passes (dormitory accommodation)

- Five days' hiking; for experienced walkers in good shape; up to 1000 m ↑, 1400 m ↓, 3.5–7.5 h walking each day.
- Cost CHF 735 per person. **Booking deadline: 25 July 2018.**

29 September–1 October: high above Lenk: long weekend of autumn hiking (accommodation in 2-bed rooms)

- Three days' hiking; for enthusiastic walkers in good shape; 550–1100 m ↑ and ↓, 5–6 h walking each day.
- Cost CHF 445 per person. **Booking deadline: 25 August 2018.**

8–13 October: autumn in the Upper Engadine (comfortable hotel base)

- Five days' hiking; for enthusiastic hikers with reasonable fitness; 600–1000 m ↑ and ↓, 3.5–5.5 h walking per day.
- Cost CHF 1150 per person. **Booking deadline: 1 September 2018.**

Simply click on the “Book now” button on the corresponding tour page on [my website](#) to reserve your place!

And turn to the last page for a glimpse of the stunning landscapes awaiting you...



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Kandersteg circuit: passes, waterfalls and historic trails

Wednesday 4 July to Saturday 7 July 2018

A four-day circular trek beginning and ending in the pretty village of Kandersteg.

Highlights

Long views of the high summits of the Bernese Oberland; the wild Gasterntal gorge; the historic route to the Gemmi Pass; a wonderful ridge path above the high plateau of mountain pastures at Engstligenalp; the 600-m high Engstligen waterfall; and an airy traverse over a rocky pass to bring us back our starting point.

Type of hiking

- 4 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For experienced sure-footed hikers on good form; up to 1200 m ↑ and ↓ and 5–7 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 4 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with a few exposed sections at T3.
- Overnight stays with half-board in dormitory accommodation, sometimes with showers available.

Itinerary

- **Wednesday 4 July, meet Kandersteg 8.45:** Kandersteg 1176 m – Waldhus – Schwarenbach 2060 m; c. 900 m ↑, 5.5 h.
- **Thursday 5 July:** Schwarenbach 2060 m – Gemmipass 2346 m – Rote Chumme – Chindbettipass 2623 m – Entschligegrat – Ärtelgrat – Engstligenalp 1937 m; c. 1000 m ↑, 1100 m ↓, 7 h.
- **Friday 6 July:** Engstligenalp 1937 m – Entschligefäll – Unter dem Birg 1400 m – Bonderalp 1755 m; c. 700 m ↑ and 900 m ↓, 5.5 h.
- **Saturday 7 July:** Bonderalp 1755 m – Bunderchrinde 2385 m – Alpschele – Usser Üschene 1595 m – Allmenalp 1723 m, then descent by cablecar; c. 830 m ↑ and 860 m ↓, 5.5 h (or from Usser Üschene descent on foot to Kandersteg; c. 600 m ↑, 1200 m ↓, 6 h).

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 590 per person (min. 5, max. 8 participants), including: 4 days' guided hikes; 3 nights' accommodation in dormitory accommodation with half-board.

Price excludes: transport, insurance, picnic lunches, drinks.

Booking deadline: 30 May 2018.



Panoramic hiking weekend, Bernese Oberland Saturday 21 to Sunday 22 July 2018

Highlights

Hiking weekend above the impressive Lauterbrunnen valley. Panoramic views of Eiger, Mönch and Jungfrau; flower-filled meadows; waterfalls; nature reserve; overnight stay in the delightful village of Gimmelwald.

Type of hiking

- 2 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic walkers with a reasonable level of fitness; 600–850 m up, 650–1300 m down and 4–6 hours walking each day (excluding breaks).
- Technical level: mostly T2 (Swiss Alpine Club grading), with possibly some short sections at T3.

Itinerary (details will depend on the local weather conditions and capacities of the group)

- **Saturday 22 July:** Grütschalp to Gimmelwald panoramic trail.
- **Sunday 23 July:** Gimmelwald–Obersteinberg–Stechelberg.



Price and booking

CHF 290 per person (min. 4, max. 8 participants), including: 2 days' guided hikes; one night's accommodation in 3-bed rooms with half-board.

Price excludes: transport, insurance, picnic lunches, drinks.

Booking deadline: 30 June 2018.



Bivio and Parc Ela: lakes, passes and pure nature

Hotel-based hiking week, Sunday 5 to Saturday 11 August 2018

Highlights

Historic passes, imposing summits, shimmering lakes, alpine pastures, fascinating geology, shady forests, an amazing diversity of alpine flowers... A hotel-based week of varied hiking amidst the breath-taking scenery of Parc Ela, the largest natural park in Switzerland and a unique biotope to explore on foot. We stay in the very comfortable and welcoming Hotel Post in Bivio, a small village situated on the historic Julier and Septimer pass routes. I look forward to sharing this wonderful region with you!

Type of hiking

- 6 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic walkers on good form; max. 1000–1200 m up and down and 3–7 hours' walking per day (excluding breaks).
- Technical level: mostly T2 (Swiss Alpine Club grading), with rare short sections at T3.

Examples of day tours (choice will depend on the local weather conditions and capacities of the group)

- **Alp Flix:** Veia Surmirana forest route; wonderful views from Kanonensattel; discovery of Alp Flix and its lakes.
- **Spectacular pass route into Engadine:** Roman Septimerpass and the triple watershed of Pass Lunghin; sparkling Lake Lunghin, the charming hamlet of Grevasalvas and down to the beautiful Sils lake in Engadine.
- **Geological tour** from the historic Julierpass back to Bivio: wild landscapes, a cool lake at 2700 m, pastureland; discovery of world history as we pass rock formations from the ancient African continent and the Tethys ocean.
- **Stallerberg and Valletta da Beiva:** up to Stallerberg and Uf da Flüe, perched high above the valley of Avers and Walser village of Juf; return via Valletta da Beiva and picnic beside the scenic Lake Columban.
- **Val d'Err circuit:** beautiful calm valley surrounded by 3000-m peaks (Piz Mitgel, Piz d'Err, Piz Ela); rich flora (fire lilies, edelweiss, orchids) and animals.
- **Roccabella:** Bivio's "home" peak, offering stunning views in all directions.

Price and booking

CHF 1280 per person (min. 5, max. 10 participants), including: 6 days' guided hikes; 6 nights' accommodation in double rooms with half-board (4-course dinner); hotel sauna; Ela Card giving free use of local buses.

Price excludes: transport (except with Ela Card), insurance, picnic lunches, drinks, single-room supplement.

Booking deadline: 30 June 2018.



High above Zermatt

Tuesday 14 to Friday 17 August 2018

Four days of hiking high above Zermatt, surrounded by 4000-m peaks and glaciers. Not only home to the legendary Matterhorn, Zermatt also boasts a diverse flora and fauna, larch and stone-pine forest, over 150 lakes, a fascinating geological history, and a rich local culture.

Highlights

Steep-sided Trift gorge with botanical path and an astounding variety of wild flowers; Höhbalmen high-level panoramic trail opposite the Matterhorn; the three-lake tour, including the beautiful calm Schwarzsee with its little chapel; and a high-level climb to the 3414 m summit of the Oberrothorn, with 360° views of the 4000-ers.

Type of hiking

- 4 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic hikers on good form; up to 1000 m ↑ and ↓ and 3–6.5 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 4 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with possibly a few sections at T3.
- Overnight stays with half-board in dormitory accommodation.

Itinerary

- **Tues 14 August:** Zermatt 1616 m – Trift 2337 m; c. 720 m ↑, 2.5 h (possible alternative, depending on group's capacity and wishes: Zermatt – Chüeberg – Wisshorn 2936 m – Trift, c. 1300 m ↑, 600 m ↓, 6.5 h).
- **Wed 15 August:** Trift 2337 m – Höhbalmen 2665 m – Schwarzläger – Stafelalp – Schwarzsee 2583 m; c. 850 m ↑, 650 m ↓, 6 h.
- **Thurs 16 August:** Schwarzsee 2583 m – Furi 1867 m – Grünsee 2300 m – Stellisee – Fluhalp 2618 m; c. 900 m ↑ and ↓, 6.5 h.
- **Fri 17 August:** Fluhalp 2618 m – Furggji – Oberrothorn 3414 m – Unterrothorn 3104 m, then descent by cablecar; c. 940 m ↑, 450 m ↓, 4.5 h (or optional extra: descent to Sunnegga or Zermatt via Ritzengrat).

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 595 per person (min. 5, max. 7 participants), including: 4 days' guided hikes; 3 nights' dormitory accommodation with half-board.

Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 7 July 2018.



National Park and Lower Engadine: five-day trek

Tuesday 21 to Saturday 25 August 2018

Five days of trekking from Zernez via S-charl to Sur En. Experience nature in all its diversity in the largest protected area in Switzerland and discover the beautiful wild landscapes of the Lower Engadine!

Highlights

Deer, ibex, bearded vultures and rare plants in their natural habitats; Tamangur, the highest stone pine forest in Europe; turquoise mountain lakes near Fuorcla Sesvenna; and the spectacular path hewn into the cliffs above the gorges of Val d'Uina. If you have time, it's worth arriving early in Zernez on the first day to visit the National Park Visitor Centre.

Type of hiking

- 5 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For experienced hikers on good form; up to 1150 m ↑, 1250 m ↓ and 4–7.5 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 5 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with a few sections at T3.
- Overnight stays with half-board in dormitory accommodation or small rooms.

Itinerary

- **Tuesday 21 August:** Zernez 1473 m – Prasūra – Chamanna Cluozza 1882 m; c. 800 m ↑, 400 m ↓, 4 h.
- **Wednesday 22 August:** Chamanna Cluozza 1882 m – Fuorcla Murter 2545 m – Spöltal – Punt la Drossa – il Fuorn 1794 m; c. 1150 m ↑, 1250 m ↓, 7.5 h.
- **Thursday 23 August:** Ofenpass 2149 m – Valbella – Fuorcla Funt. da S-charl – God Tamangur – S-charl 1810 m; c. 500 m ↑, 850 m ↓, 5.5 h.
- **Friday 24 August:** S-charl 1810 m – Fuorcla Sesvenna 2819 m – Sesvennahütte 2256 m ; c. 1000 m ↑, 600 m ↓, 6 h.
- **Saturday 25 August:** Sesvennahütte 2256 m – Passo di Slingia 2299 m – Il Quar – Uina Dadaint – Sur En 1124 m ; c. 50 m ↑, 1200 m ↓, 5 h.

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 735 per person (min. 5, max. 8 participants), including: 5 days' guided hikes; 4 nights in dormitory accommodation or small rooms with half-board. Supplement for non-members of Swiss Alpine Club or affiliated national alpine club: CHF 10.

Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 15 July 2018.



Bergün-Albula: imposing alpine landscapes, unspoilt villages

Sunday 26 to Friday 31 August 2018

Five days of guided hiking, including three from a comfortable hotel base. Meeting in Bergün at 18.00 on Sunday 26 August. If you're able to arrive earlier in the day, the Albula Railway Museum is worth the visit!

Highlights

- The scenic Palpuogna lake with its crystal-clear water, surrounded by larch forest.
- Climb to the summit of Piz Darlux and the panoramic trail with views of Piz Kesch and the Ducan group.
- Accommodation in the historic art-nouveau Kurhaus in the unspoilt village of Bergün with its picturesque houses decorated with sgraffito, frescoes and oriel windows.
- Wonderful panorama of the Bernina massif and the Engadine from the Es-cha Hut where we spend our last night.



Type of hiking

- 5 days of guided hikes to discover the magnificent region of Bergün-Albula in the Parc Ela nature park.
- For enthusiastic walkers in good shape; 800–1200 m up and down and 5h to 6h30 of walking each day.
- Technical level: T2 (Swiss Alpine Club grading) with a few short sections at T3.
- Accommodation in double rooms in the historic Kurhaus, Bergün plus one night's dormitory accommodation in the Es-cha Hut.

Price and booking

CHF 985 per person (min. 5, max. 8 participants), including: 5 days' guided hikes; 4 nights' accommodation in double rooms (hotel) and 1 night dormitory accommodation in a mountain hut, all with half-board. Supplement for non-members of Swiss Alpine Club or affiliated national alpine club: CHF 10.

With 1/2-price pass, allow about CHF 45 for local transport (bus, train, chairlift). Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 21 July 2018.



From Gspon to Binntal over alpine passes Sunday 2 to Thursday 6 September

A wonderful 5-day traverse, in part on the “Alpine Passes Trail”, in a lesser-known part of the Haut Valais. We finish the mini-trek in the magnificent Binn valley, a nature park well known for its famous minerals and crystals.

Type of hiking

- 5 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For experienced hikers on good form; up to 1000 m ↑ and 1400 m ↓ and 3.5–7.5 hours of walking each day (excluding breaks); plus need to carry rucksack with clothes, picnics and overnight kit for the 5 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with a few exposed sections at T3.
- Overnight stays with half-board in dormitory accommodation or small rooms; showers available on three nights.

Itinerary

- **Sunday 2 September** (options depending on weather conditions): Gspon 1893 m – Sitestafel – Gibidumpass 2201 m – Gibidumsee – Giw ; c. 670 m ↑, 600 m ↓, 5 h **or** Giw 1962 m – Gibidum 2317 m – Gibidumsee – Sänntum Bord – Giw; c. 450 m ↑ and ↓, 3h15.
- **Monday 3 September**: Giw 1962 m – Gibidumpass 2201 m – Nanztal – Bistinepass 2417 m – Simplonpass 2041 m; c. 960 m ↑, 930 m ↓, 6 h.
- **Tuesday 4 September**: Rothwald – Wasenalp – Bortelhütte 2107 m; c. 630 m ↑, 280 m ↓, 3h45. Optional extra in the afternoon: Bortelhütte – Bortelsee return; c. 375 m ↑ and ↓, 2 h.
- **Wednesday 5 September**: Bortelhütte 2107 m – Fleschbode – Saflischpass 2563 m – Heiligkreuz 1458 m ; c. 770 m ↑, 1400 m ↓, 7h30.
- **Thursday 6 September**: Heiligkreuz 1458 m – Binn 1400 m – Fäld 1547 m – Binn 1400 m ; 345 m ↑, 430 m ↓, 3h. Optional extra: rock discovery trail, 150 m ↑ and ↓, 1h30.

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 735 per person (min. 5, max. 8 participants), including: 5 days’ guided hikes; 2 chairlift rides; 4 nights’ accommodation in dormitories or small rooms with half-board. Supplement for non-members of Swiss Alpine Club or affiliated national alpine club: CHF 10. If itinerary has to be modified because of bad weather conditions, please allow about CHF 20 for public transport.

Price excludes: transport (except as mentioned), insurances, picnic lunches, drinks.

Booking deadline: 25 July 2018.



High above Lenk: long weekend of autumn hiking

Saturday 29 September to Monday 1 October 2018

Highlights

Long weekend of autumn hiking high above Lenk and the Simme valley. Highlights: the idyllic turquoise lake of Iffigsee; the impressive Simme and “seven fountains” waterfalls; the airy summit of the Rägeboldshore with 360° view of the Wildstrubel massif and the Bernese mountains.

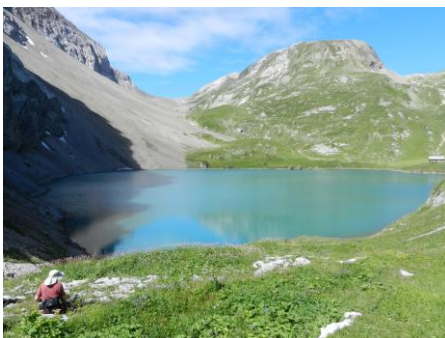
Type of hiking

- 3 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic hikers on good form ; 550–1100 m ↑ and ↓ and 5-6 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 3 days.
- Technical level: T2 + some short sections at T3 (Swiss Alpine Club grading).

Itinerary

- **Saturday 29 September:** Lenk Bühlberg 1658 m – Hahnenmoospass – Rägeboldshore 2193 m – Simmefäll – Bim Höhe Hus 1105 m ; c. 550 m↑, 1100 m ↓, 5h15.
- **Sunday 30 September:** Bim Höhe Hus 1105 m – Simmefäll – Sibe Brünne – Oberlaubhore 1999 m – Iffigenalp 1584 m; c. 1010 m ↑, 530 m ↓, 5h45.
- **Monday 1 October:** Iffigenalp 1584 m – Iffigsee – Iffighore 2378 m – Iffigenalp ; c. 840 m ↑ and ↓, 5h30.

Itinerary may be modified to take account of local weather conditions or for the security of the group.



Price and booking

Price per person: CHF 445 (min. 5, max. 8 participants), including 3 days of guided hikes + 2 nights' accommodation in guesthouse 2- or 3-bed rooms (shared showers) with half-board.

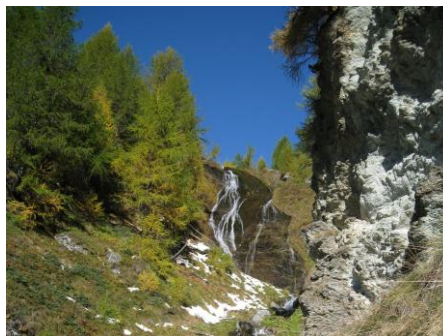
Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 25 August 2018.



Autumn hiking in the Upper Engadine Monday 8 to Saturday 13 October 2018

Autumn hiking on the panoramic trails of the Upper Engadine with wonderful views of turquoise lakes, glaciers, snow-covered summits, and larch forests. Five days from a comfortable hotel base in Silvaplana.



Type of hiking

- 5 days of guided hikes in the Upper Engadine.
- For enthusiastic walkers on reasonably good form; 600–1000 m up and down and 3.5h to 5.5 hours of walking each day.
- Technical level: T2 (Swiss Alpine Club grading).

Price and booking

CHF 1150 per person (min. 5, max. 10 participants), including: 5 days' guided hikes; 5 nights' accommodation in double rooms (3* hotel) with half-board and wellness area for evening relaxation; free use of local public transport and mountain lifts.

Price excludes: transport (except as mentioned), insurances, picnic lunches, drinks.

Booking deadline: 1 September 2018.

